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SEBASTIAN KNEIPP

PARISH PRIEST

OF

WÖRISHOFEN

(BAVARIA).

HIS TREATMENT AND HIS BOOKS.

KEMPTEN (BAVARIA)
JOS. KŒSEL PUBLISHER
1896.
NEW-YORK, 14 BARCLAY-STREET.
JOSEPH SCHÄFER,
PUBLISHER, IMPORTER OF KNEIPP-ARTICLES.

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All the Books mentioned in this pamphlet are to be had of all booksellers and of

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PREFACE.

When the Reverend Pastor SEBASTIAN KNEIPP published his celebrated book "My Water Cure" in October 1886, he was already well known far beyond the limits of his own little parish of Wörishofen as a practical agriculturalist, and as an enthusiastic Keeper of bees; but his renown as a successful reliever of human suffering had not yet penetrated beyond a somewhat narrow sphere.

Without any attempt to advertise his method, which he had successfully employed upon himself and others, he had worked quite unostentatiously, yet nevertheless the result was that thousands, who had made use of his "Water Cure" and who had followed his directions owed to him the complete recovery of their health, strength and vigour. Yielding to the importunities of thousands whose health he had restored and who felt it would be a matter for great regret if the Reverend gentleman withheld any longer from the public the benefit of his experience, he at length consented to put his method in writing and permit its publication. Thereupon the quiet village of Wörishofen become at once a place of world-renown. As early as May 1887 the second edition of "My Water Cure" had to be printed; in October of the same year a third edition became necessary; the fourth and fifth editions were published in 1888; the public demand for the book became so great in the year 1889 that 7 new editions were required; 13 fresh editions appeared in 1890, 10 in 1891 and 8 in 1892; so that within the space of 6 years upwards of 250,000 copies of the book were disposed of.

In consequence of wishes expressed from numerous quarters the Reverend gentleman published in Autumn 1889 a second work entitled "Thus shalt thou live!" which contains a supplement, and more details with regard to the hints and recommendations which appeared in his smaller original work. In this latter work appear the essential instructions necessary for a sensible and natural mode

of life, founded on tried principles, which in a certain sense may be rightly termed "a Catechism of the Science of Health". Seventeen editions amounting to more than 100,000 copies of this second book were disposed of within tree years.

Both works are books for the people in the widest and best meaning of the term and should be in the possession of every family. They form two unsurpassed advisers in times of sickness and in health. The extraordinary interest evinced on all sides, by the medical profession as well as the laity, in the lowest as well as the highest* circles of society, proves most clearly that we have here to deal not with an artificially produced enthusiasm, but on the contrary with a want deeply felt throughout all classes of men, viz, the knowledge of how to regain health by a wholesome and sensible mode of life. The two works above referred to show that their author has clearly indicated the right way.

Up to the present date the German publishers of the above works have brought out Editions of "My Water Cure" and "Thus shalt thou live!" in the principal European languages, including English, French, Italian, Spanish, Polish, Bohemian etc.

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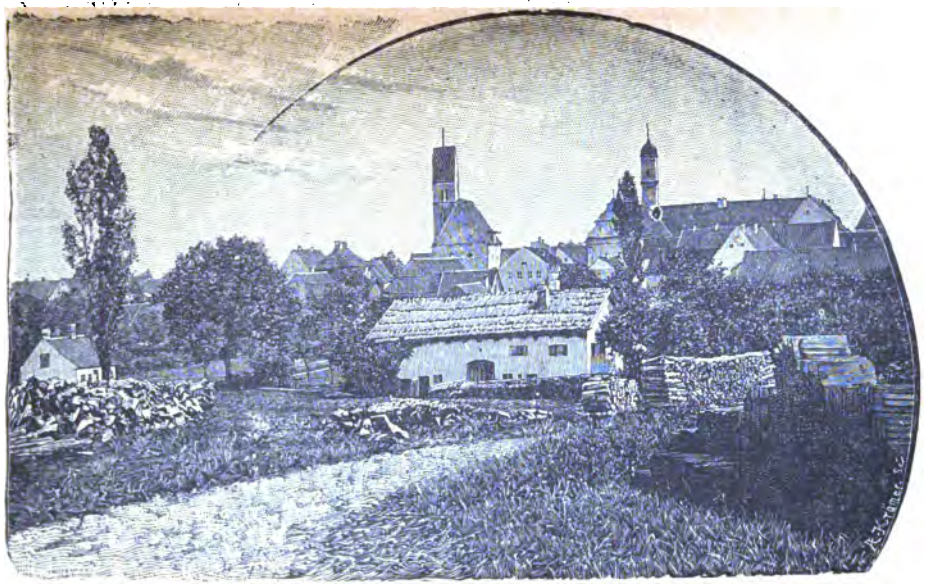
* The author had the great honour on the 1st of April 1890 to be presented in private audience, in the Royal Castle at Munich, to his Royal Highness, the Prince Regent Luitpold of Bavaria, and was permitted to present to his Royal Highness a copy of each of his works. — The Reverend Author on the same day delivered in the "Central Halls" in Munich before distinguished audience, numbering about 3000, a lecture on his method. The lecture occupied two hours and a half, and proved an immense success. A second lecture delivered on the 30th of April 1890 in the largest Hall in Munich, in which there was not a seat left vacant, likewise proved a brilliant success. At the end of December 1892 Rev. Mr. Kneipp had for the second time the honour of being received by his Royal Highness the Prince Regent of Bavaria and was admitted to a court dinner in the Royal Residence and in 1893 his Holiness the Pope conferred upon him the dignity of Privy Chamberlain with the title of Monsignore.



Wörishofen from the West side.
After a photograph taken by H. Bischoff of Memmingen and Wörishofen.

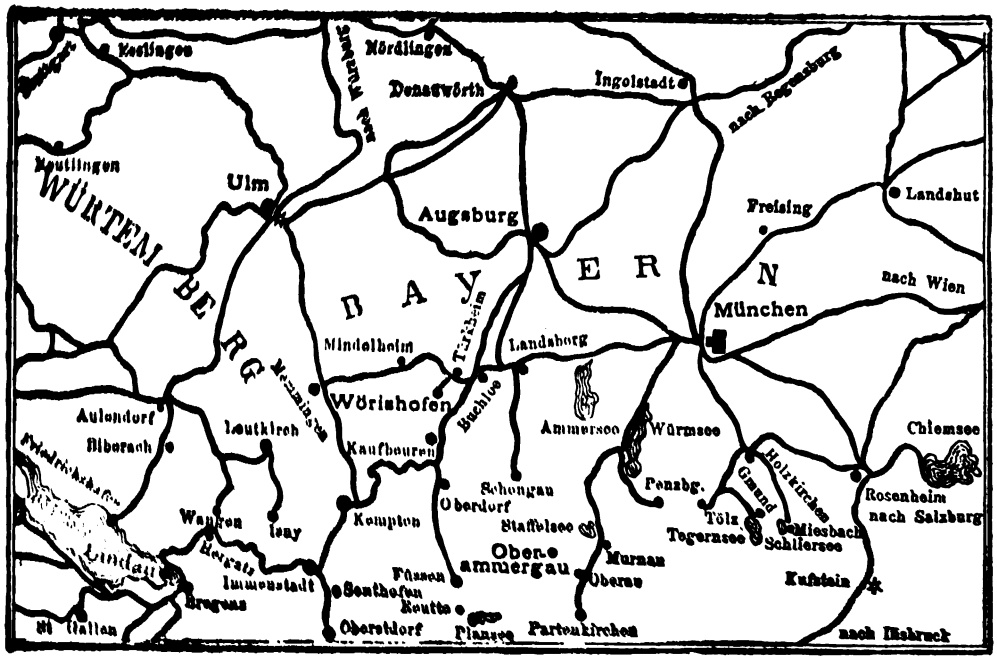
FATHER KNEIPP.

The Reverend SEBASTIAN KNEIPP was born on the 17th of May 1821 in Stefansried near Ottobeuren, the son of simple weavers. His parents were not in a position to afford the talented youth a University education which he longed for; he was obliged, contrary to his own wish, to learn the trade of his father and become a weaver.

At the age of 21, no longer able to bear the restraints of home, he tried to get away as soon as possible, not however to earn his livelihood as a journeyman weaver, but, following the deeply felt aspirations of his heart, to attain his ideal and to become a priest.

At many portals did he knock in vain till at last the Reverend Mr. MERKLE, who afterwards became a prelate and a well known author, and who was then living at Grönenbach, took an interest in him and enabled him to make such progress in his preliminary studies within the space of two years that he was able at the end of 4 years more to pass the final examination at the Grammar School of Dillingen. On the 6th of August 1852 he took holy orders in Munich. Since 1881 he has occupied the position of parish priest in Wörishofen and at the same was confessor in the Convent of St. Dominic, which latter duty he had performed since 1855.

How it came about that Father KNEIPP in the first instance tried the curative powers of water upon himself and subsequently on other people, he relates in a few simple words in the introduction to his book „My Water-Cure", which has become in the meantime so renowned.



Map of the Wörishofen District.

The Reverend gentleman was however not only active as a priest and spiritual adviser of a large parish; he worked there not only as a helper and consoler in many thousands of cases of disease, but he still found leisure to occupy himself with great zeal in practical agriculture. His writings on the subject of agriculture, a list of which will be given later on, furnish an eloquent testimony to the great amount of good and useful work a single individual can accomplish if, like this worthy pastor, he has been accustomed from early youth to value time: if he combines with unusual talent an iron will and a determination not to let his natural gifts lie idle, but to employ them in the most unselfish manner for the benefit of his fe low creatures.

To all who may desire to become better acquainted with the life, work and amazing success of the Rev. Seb. Kneipp we recommend the perusal of "Das Buch vom Pfarrer Kneipp." This book was so well received in German on its first appearance at Whitsuntide 1891, that an edition of 5000 copies was sold within a few days. An English Edition is in preparation.

Thousands who owe to this unpretentious pastor their ves, health, or renewed vigor, bless with sincere feelings of gratitude the name of Sebastian Kneipp

God grant that this noble philanthropist and venerable priest may for many years to come be spared to continue to work for the relief of human suffering.

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Preface to the 1st, 5th, 6th, 7th, 12th, 27th and 23rd Edition. — Translator's Preface. — Introduction.

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"Let every herb of the earth praise the Lord!"

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In this little work Father Kneipp sets forth the happiness, responsabilities and duties of Mother hood and he instructs Mothers how to ordre their lives and how best to bring up their children. Father Kneipp also gives simple directions for dealing with the usual diseases of Children.

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Preface. **First part:** Brief advice to parents. A. How parents should take care of their own bodies. 1) The mothers food. 2) The dress of the mother. 3) Applications of water. B. How should parents care for their souls? **Second part:** The care of children in health. First period: From the day of birth to tething. Care of the new born. The dress of very little children. The nursery. Childrens' cots. Asleep and awake. The nourishement of a new-born babe. Mortality among children. Second period: From teething up to school days. Theeting. Formation of the bones. Food. Clothing. Occupation. Play or recreation. Baths and means of bracing. Vaccination. Third period: School stage. Work. Obedience. The care of the human soul. Fourth period: The hoyden or tomboy age. **Third part:** The care of children in sickness. General advice. The most usual applications. Compresses. Bandages. Immersion or the Half-Bath. The wet short. The short bandage. Advice for individual illness. Consumption. Asthma. Difficulty of breathing. Chapped skin. Inflammation of the eyes. Bed wetting. Blue-sickness. Flatulence. Chlorosis. Poverty of Blood. Imbeciles. Ruptures. Hernia. Cramp in the breast. Diarrhoea. Diphteria. Atrophy. The english disease. Inflammations. Vomiting. Scrofula. Convulsions. Purpels a fever. Chilblains. Inflammation of the brain and skin of the brain. Jaundice. Tumours, ulcers, boils. Sore Throat, croup. Urinary troubles. Hare-lip. Inflammation of the Hip Joint. Bite of a dog. Cough, cold. Headache. Insect-stings. Whooping cough. Lock-iaw. Swelling of the knee. Inflammation of the joint. Head tumor. Scab on the head. The itch. Wens, goitres. Stomachache, colic, gripes. Inflammation of the lungs. Consumption. Phtysis. Measles. Milk-scab. Bleeding of the nose. Polypi in the nose. Nervous fever or typhus. Kidney diseases. Faintness or faintings. Discharge from the ear. Pocks. Smallpox. Purple fever. Read-hair. St. Antony's fire. Spinal curvature in children. Scarlet fever. Squinting. Hiccough. Catarrh, cold in the head. Screaming fits. Thrush. Vertigo, gidiness. Scrofula. Tetanus. Stone and gravel. Stuttering. Slobbering or salivation, wens. Troubles from over eating. St. Vitus dance. Heartburn. Catch in the breath. Sprains. Dislocations. Constipation. Urinary troubles. Hydrocephalus or dropsy in the head. Dropsy. Warts. Tapeworms. Whitlow. Wounds. Sores. Tooth-ache. **Fourth part:** Bill of fare for children. Acorn-coffee. Malt-coffee. Oat soup. Bread soup. Boiled bread soup. „Kraft" soup. Childrens pap. Milk. Eggs. Potatoes. Fruit. Meat. Wine and beer. Sweet pastry. Coffee.

German Editions of Seb. Kneipp's Works.

Kneipp, Seb., „Meine Wasser-Kur" Preis broch. ℳ 2,60, gebd. in R. und E. Leder mit Goldtitel ℳ 3,20.

Kneipp, Seb., „So sollt ihr leben!" Preis broch. ℳ 2,60, gebd. in R. und E. Leder mit Goldtitel ℳ 3.20.

Pracht-Ausgabe von „Meine Wasser-Kur". 2. Aufl. Preis broch. ℳ 3,60, eleg. gebd. in R. und E. f. Kalbleder ℳ 5,80, in Ganzleinwand ℳ 4,60.

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Luxus-Ausgabe von „Meine Wasser-Kur" (Pracht-Ausgabe mit Pflanzen-Atlas in Farbenlichtdruck). Preis eleg. gebd. ℳ 15,80.

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2. Jahrg. f. d. Jahr 1892. 6. Aufl. Preis 50 ₰.
3. Jahrg. f. d. Jahr 1893. 6. Aufl. Preis 50 ₰.
4. Jahrg. f. d. Jahr 1894. 6. Aufl. Preis 50 ₰.
5. Jahrg. f. d. Jahr 1895. 4. Aufl. Preis 50 ₰.
6. Jahrg. f. d. Jahr 1896. Preis 50 ₰.

Oertel, Friedr., **Pfarrer Sebast. Kneipp's Kraftnährmittel.** Ein Leitfaden für Gesunde und Kranke. 2. Aufl. kl. 8. XII u. 104 S. Preis broch. in eleg. Farbendruck-Umschlag 80 Pf., gebd. in R. u. E. Leinwand 1 M.

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SOME OPINIONS

ON

THE WORKS AND CURE OF FATHER KNEIPP.

Dr. Bilfinger, Member of the Sanitary Council of Stuttgart, writes in „Ueber Land und Meer":

Pastor Kneipp is not only a spiritual and temporal adviser but at the same a doctor, as though by inspiration. He resides in Wörishofen, a homely village lying between Memmingen and Augsburg, where he is affectionately esteemed on account of his true humanity as a loving father of his commune. In the middle of the village lies the pastor's residence with the historical "Wash-house" which is surrounded by patients nearly the whole day long. Adjoining is the exceedingly simple parish church, which is however tastefully decorated intermally and surrounded by the churchyard. The highest eminence in the village is occupied by the stately convent, in which poor sick children are nursed by sisters of mercy. From the convent can be seen a beautiful and extensive view of the distant lying chain of the Bavarian Alps, as well as forests and pastures surrounding the village on all sides.

In the immediate neighbourhood of the convent walls, in view of fields and meadows are two bath-houses which comprise several separate divisions: they are provided with spring water and furnished in a most primitive manner. The latter together with the previously mentioned "wash-house" form the whole curative equipment by which such surprising cures have been effected in Wörishofen.

Now let us seek out the pastor himself. Here he comes from the convent wearing his very simple black gown, and little cap, followed by a crowd of faithful ones who accompany

him on his rounds and errands of mercy, just as the clinical, University Professor is seen followed by his assistants.

The Rev. Kneipp is considerably over 70 years of age, a tall, stately figure, still strikingy fresh and cheerful in appearance and manner for a man of his years, with keen eyes surmounted by full, dark eyebrows which suggest uncommun energy and strength of will. His features which are well-marked and intellectual indicate "the man of the people." He was the son of a poor weaver and was born in Stefansried near Ottobeuren on the 17th of May 1821. Impelled by an irresistable impulse to become a priest, he left the weaver's loom at the age of 21, wandering from parsonage to parsonage, till at last, chaplain Merkle in Grönenbach took pity on the talented young man. Merkle gave him lessons in Latin and sent him later on to the Grammar School. Here through everwork he became subject to chest and lung affection. He was placed under the care of Professor Petzold in Munich, but though he received every care and attention he did not derive any definite benefit. In the midst of his troubles the little book of Dr. George Hahn, the first on hydropathy issued in Germany, edited by Hufeland, fell into his hands by chance. Thereupon he commenced to bathe in the Danube, and the disease was by this means at least checked, so that his ill health no longer prevented him taking priest's orders. He remained steadfast to water ever afterwards, recovered his health completely, and zealously urged others to follow his example. As a keen observer and practical man — his name is ever honourably mentioned by bee-keepers — he invented step by step and almost independently of similar efforts on the part of others working in the same direction, his hydropathic system which he describes in unusually lucid language in his book "My water-cure" — a book which has become rapidly famous. It was originally written as a guide in health and sickness, and has stood the test of 30 years experience. This work which exhibits much originality of thought passed through nine editions in the course of two years; throughout its pages are interspersed interesting cases of cure. To mention one of several thousands — a clergyman from the Rhine who had suffered intense neuralgia of the face for many years without having received any permanent benefit from some even of the eminent physicians, assured me that he had become quite another man after a few wecks sojourn and treatment in Wörishofen. The pains have almost completely disappeared and he feels himself once more in excellent health.

The treatment is in the main that followed in hydropathic and dietetic establishments.

I look upon Pastor Kneipp as a genius and born physician and a true benefactor to mankind.

Dr. Wilheim, in his book **On nervous Debility — its course and treatments** (Vienne 1890, 2nd revised edition) — writes as follows:

"Here should be mentioned the establishment and mode of treatment for some time adopted by Pastor Kneipp. Judging from the information which I have received through trustworthy sources, the opinion which I have formed with regard to his method, is that it perfectly agrees with what we know to be the best lines on which Hydropathic and Dietetic institutions should be conducted. I personally should not hesitate to send patients to Wörishofen who may require rest for shattered nerves and in where cases then appeared to be nothing contraindication such a course of treatment."

THIS is a remarkable book, and one which should especially commend itself to fruit growers and farmers, simply because it deals with the important question of health, and the medicinal properties of fruits and flowers. In this connection it is an appropriate book for review in these columns, and as we have practised the cold water cure for years as a preventative, and consider the hygienic properties of cold water of the highest order, we are glad to commend the writer's suggestions to our readers, convinced that it is a book they will do well to secure. In spite of the fact that numerous books have been written dealing with the hygienic properties of water in various forms, yet this work under review contains much that is new, and the advice never to let the whole cold bath exceed five minutes is sound, although we never go beyond the sixty seconds, and this is in agreement with the writer's remark that the shorter the bath the better. There is no need for us to dilate further upon the acquisition of health by the medium of the cold plunge. We must refer our readers to the work itself which deals with the whole subject exhaustively, and may be studied to advantage. As far as we are concerned it is the comments of the author on the medicinal value of our plants and flowers that concern us on this occasion. His references to tea made from strawberry leaves, and then the wholesome health imparting fruit itself, are worth consideration. On the value of ripe strawberries and dry bread we have already written columns, both in the daily and the horticultural press, and here, in confirmation of what we have said, we have the author of "My Water Cure" writing in the same strain. As a remedy for

stone gravel and liver complaints the strawberry is unrivalled, and we heartily endorse the writer's recommendations of one of the most luscious and wholesome fruits grown. Space forbids further reference to the medicinal properties of the various herbs and flowers dealt with, but those of our readers who desire to live a life free from ache, ailment, or pain, and to avoid the majority of the ills that flesh is heir to, should carefully study the author's remarks on the disease resisting draughts made from such things as the violet, the elder, or the nettle, and he will be satisfied that if ever he expects to obtain the elixir of life which is to confer immortality upon the natural man, that it can only come from that laboratory, in which nature works incessantly for the well being of man.

The Horticultural Times, May 16, 1892.

"Go and wash seven times in the Jordan, and thy flesh shall recover health, and thou shalt be clean."
KINGS.

Who that visit Germany in their search after health have not heard the name of Sebastian Kneipp, the kindly old parish priest of Wörishofen, in Bavaria? Talked of within the last year or two in England and France, he is as much discussed in the Fatherland as if he were a Prince Bismarck. He has not sought fame; it has been thrust upon him. Not that fame is in every case the right word for his repute. To some scoffers the good old pastor is merely eccentric and notorious. But of one thing they cannot deprive him, and that is the respect in which a man is held who for more than half his life has refused pecuniary advantage from his services to the suffering poor. His life has been the simplest of the simple, and he despises wealth as he despises what the world calls fame. His good work is its own reward: and in a purely altruistic sense he makes the best of both worlds, for he exercises the cure of souls and the cure of bodies. The water of life has for the Reverend Sebastian Kneipp, of Wörishofen, a double meaning, and he is the chiefest apostle of the gospel of the Water [illegible]. The story of Pastor Kneipp's conversion to water cure and his development into the greatest living practitioner of the [illegible], says as much for his courage and perseverance as [illegible] humanity. Physically, too, he is a [illegible] of his method — or, at any rate, of the discipline [illegible] necessitates. "If you want to know what the [illegible] do," the good pastor may be imagined as saying [illegible]

Pastor Kneipp, though seventy [illegible] strength and activity as most men half his [illegible]

voice is the voice of a strong man. Though his hair is snow white, his cheeks bear the ruddy-brown hue of health. The kindly eyes beam with a freshness almost of youth. He would easily pass for a lively sixty. Yet, in spite of his excellent health and strength, Pastor Kneipp was in youth a weakling. The weaving trade, to which his father belonged, and to which the future clergyman and water-curer was apprenticed, was scarcely favourable to a constitution which did not appear to be naturally strong; and the same might be said of the long course of arduous study to which the young weaver, at the age of 21, devoted himself with a view to the priesthood. Over-work at his studies had brought him to death's door, when a lucky accident, as he afterwards regarded it, brought him to try the water cure. The story of those early years of privation and bad health is told by Pastor Kneipp himself in the beginning of his little work on water cure, the first edition of which appeared in 1886. Kneipp was 21 years old when he left the paternal home in search of work as a weaver. That search did not last long. It became a search for learning, or as much of it as would qualify him for the priesthood. That, certainly, was not much. But the poor weaver lad was unprovided with the means for his support during six or seven years' study at Gymnasium and University. Fortune at last procured him the friendship and the patronage of the chaplain of Grönenbach. For two years Chaplain Merkle taught the weaver lad privately, and successfully prepared him for the Gymnasium. Kneipp does not appear to have been a particularly bright pupil; nor did he ever become what is called a man of culture. He has no literary gift worth mentioning. His manner of expression is altogether unpolished, and sometimes rough and abrupt; but it is as direct as any matter-of-fact style possibly can be. His ambition was not to be a stylist, or a man of learning, but a working pastor of the Church. In the humble career which it was his ambition to follow, academic accomplishments would not have been of much good to him.

From the gymnasium he was taken to the paternal home to die — as it was thought. It was, he says, when awaiting death in quiet resignation that he chanced to come upon a book on water cure. He was so impressed by what he read that he made up his mind to experiment upon himself. He persevered with it month after month. "Horse-cure," the method was called by many people, from its severity, but Sebastian Kneipp, then about twenty-seven years old, and believing that health was not to be won in any other way, resolutely subjected himself to all the discipline — the cold ablutions, stoical dieting, and regular exercise. One cannot but admire the determination with which Sebastian Kneipp persevered with the "horse-cure". Only a man of great strength of character could have done it. Speaking of this quality, it clearly reveals itself in the lines and features of the old pastor's face. It is a face at once kindly, shrewd, and

[illegible]. The long upper lip and the massive chin are full of character. He tells us that he bathed two or three times a week at a solitary spot in the Danube; that the cold exercise never hurt him; but that, for a time, he thought it of no great use. As he afterwards declared, the good effects might have appeared earlier if his "horse-cure" had been gentler. As a water-curer, the pastor of Wörishofen has long been a believer in gentle applications of the water-cure. But even the "horse-cure" "hardened" Sebastian Kneipp at last, and laid the foundations of the magnificent health which he has enjoyed for more than forty years. Of course, it may be said — myriads of people, including physicians, have said — that the exercise alone, and the fresh air, would have cured the young student without help from ice-cold baths and perambulations with naked feet on wet grass, wet stones, and snow. Pastor Kneipp denies this; with him the cold water applications — and there are a hundred different kinds of them, elaborated after forty year's experimenting — are every thing. And certainly, if the widespread propagation of a system is any proof of its soundness, Pastor Kneipp's method of healing the sick and strengthening the weak must be one of the soundest ever tried. Thousands upon thousands of people [illegible] Wörishofen from all parts of the [illegible] Britain and Ireland, and already [illegible] system, some of them [illegible] have been opened in Germany [illegible] water-cure [illegible] [illegible]

though, as he says, he is "no Puritan" as regards drink, and would not grudge an invalid a glass of claret after dinner.

The Echo.

Hydropathy really began with Hippocrates, and since his day it has been regarded as a valuable curative agency under certain conditions. It is, of course, necessary that hydropathy should be practised, to be practised well, in establishments specially equipped for the purpose; but there are simple cures which may be effected by its agency with such primitive apparatus as may be available in the ordinary well-appointed home. The first edition of this treatise was issued in 1886, but since then not only has the original work passed through an almost unparalleled number of editions, but its contents are alleged to have been largely plagiarised. Father Kneipp had long studied the hydropathic treatment, and those who have adopted his special system bear testimony to its efficacy in certain cases. "My water cure" is a most exhaustive disquisition on hydropathy, and it has been compiled after years of anxious experiment and study. It was written chiefly for the humbler class, for poor, country people who lack either means or convenience to have recourse to medical aid in their maladies, and it is claimed to have rendered valuable service in that sphere. But even if there is a disposition to dissent from some of the principles of hydropathy laid down in Father Kneipp's book, there ought to be a very general admission that as a manual of hygiene its pages will amply repay perusal. The volume is profusely illustrated, and it contains, besides detailed instructions as to the various applications of water, some valuable information as to the properties of herbs.

Western Daily Press.

The author of this book is not a doctor but the parish priest of Wörishofen, in Bavaria, where for more than thirty-five years he has tested this "Water-Cure", "Only," he tells us, "the constant and impetuous urging of friends, who call it a sin against charity if I do not write down before my death what I have learned by experience, the innumerable petitions of those who have been cured, and most of all the entreaties of the poor could induce me to write almost against my will." The English edition is translated from the thirty-sixth German edition, for, as the translator observes, "scarcely ever has a book found its way through Europe and the whole civilised world in so incredibly short a time as the little volume of which this is a translation. Herr Kneipp's attention was first attracted to the Water-Cure by a small work on

the subject, which he found when employed in the royal library, the contents of which were to be the rough outline of a plan, which in its completion has become a blessing for numbers of his fellow-creatures, who, labouring under more or less grievous disease, were restored to the full possession of bodily health and mental vigour. The book was written for the lower classes, for poor country people who lack either means or convenience to have recourse to medical aid in their maladies; and as the author desired the translation of his book should be complete, correct, and, as much as possible, literal, it is not remarkable for grace of diction, but only for clear, practical recipes, and unequivocal results. Hydropathy has effected many cures and "My Water Cure" will do well in making the system more thoroughly known. *Cambridge Chronicle.*

Here is an author whose book has already gone through 36 editions in German alone. At this rate he will some day be as popular as Horace or John Bunyan. Our much edited author is Sebastian Kneipp, parish priest of a small place in Bavaria, and his book is entitled "My Water Cure, Tested for more than thirty-five years, and published for the cure of diseases and the preservation of health." There is no form of water cure but the Bavarian pastor has something to say about. Even the subject of walking bare footed on wet grass is discussed at length, with strong recommendations to his readers to try a method of hardening, so cheap and easy for country folk, at all events. If ever man has had greatness thrust upon him it is our Bavarian clergyman. It is the cure of souls rather than of bodies which interests him. But multitudes whom he cannot reach by his sermons flock to him for this water-cure, and against his own will he has become the largest practitioner the world has ever seen. Pastor Kneipp's book deals first with the numerous forms of water-application, shawls, bandages, wet shirts, &c.; next with medicines: and, thirdly, with diseases. We hope it may find a wide circulation in England.

Echo.

The title is almost a sufficient description of "MY WATER CURE; tested for more than thirty-five years, and published for the cure of diseases and the preservation of health." By Seb. Kneipp, parish priest of Wörishofen, Bavaria. It is a full manual of hydropathy, ameliorated (or accentuated) by herbalism: and it includes much which, we doubt not, will interest, if not precisely instruct, others than the hydropathic professionals in the science of healing. *Bradford Observer.*

If a system of healing, by a combination of hydropathy and herbalism, which has been in practice with eminent success for over thirty years, and, having attracted the attention of all classes, from Royalty downwards, may be considered a novelty — which, to my surprise, I find it is in England — then it must be attributed either from want of information on the subject, or that the excellent systems pursued at Malvern, Matlock, and other noted hydropathic establishments in this country have hitherto absorbed the attention of invalids. I am led to these remarks from my experience of a recent visit to Father SEBASTIAN KNEIPP, the parish priest of Wörishofen (Bavaria), who undertakes to cure, and has successfully done so, both body and soul in that obscure village for the time mentioned.

Among the multitudinous ailments which afflict suffering humanity it is scarcely necessary to specify precisely the causes which led me, during the month of May in the present year, to place myself under the treatment of this worthy priest, who, by the combination of faith, water, and herbs, undertakes to absolutely cure every known, form of disease, imaginary or real; but it is from a feeling of gratitude on my part and a desire to benefit my countrymen that I humbly present the following brief particulars of my recent visit.

It appears that Father Kneipp, the son of a weaver, was in his youth of so sickly a nature that no remedy could be found for him by ordinary physicians, and his life was despaired of. When in his extremity, he undertook his own treatment, using only the simplest expedients in common use for centuries among the poorest peasants of Bavaria, and with such success that now, at the age of seventy-two, he is disinterestedly devoting the benefits of his experience not only to his own poor parishioners, but to all the world who care to seek him, and no sufferer of any degree is ever refused advice and assistance.

The special features of the Kneipp cure as distinct from ordinary hydropathic practice are very short baths or douches of cold water, putting on the garments immediately and without drying the skin, coarse homespun linen for clothing being preferred; walking in the early morning barefoot among dewy grass; walking in sandals or barefoot in cold water, and wearing regularly the coarse linen shirt next the skin now known as the "Kneipp" shirt. He also uses a few preparations from the simplest herbs. His theory is that local maladies must be treated through the strengthening of the general organism and in the rectification of the circulation of the blood.

Father Kneipp has been parish priest of Wörishofen for thirty-seven years, but has practised his system of hydropathy ever since 1848, although it is only during the last ten years that he has attained among his countrymen such wonderful celebrity. Surrounded often by seven or eight doctors, he gives audiences every morning from 8.30 to 12, and in the afternoon from 1.30 to 4, and afterwards delivering his *Sprechstunden* to an immense crowd awaiting him at the door of the *Kurhaus*, and who sometimes have to wait three hours before they can obtain this desired interview. The number of names inscribed on the visitors' book from March 16, 1891, to December 25, 1891, was 11,450, and it is stated that during the previous year, 1890, Wörishofen was visited by 30,000 persons as patients.

The village is full of the lame, the maimed, the blind, the disfigured (especially from lupus), the sick, many of whom have exhausted the resources of ordinary medicine, and who have come here as a forlorn hope, many hundreds of whom have returned cured. His diligence, unselfishness, and humility are remarkable, as also is the absence of obsequiousness to persons and his total indifference to his so-called interests pecuniarity. It was possible for Father Kneipp to become a very wealthy man had he accepted one-half of what had been offered him for his services; he is content to live in the utmost simplicity on his small benefice, and charges the most absurdly small fees for his advice.

During my sojourn in the village, the inhabitants were *en fête* because of the Father's seventy-first birthday. A torchlight procession was formed of about two thousand persons, who congregated before the Father's home for two hours, listening to adresses delivered to him, and to his reply, which lasted for fifty minutes.

He has founded a small hospital for sick children, for whom he earnestly wishes to build a larger one before his death, and to this he devotes the handsome gifts that are frequently pressed upon him. There are some fifty maimed and sick children here at present, but hundreds of cases cannot be received. His treatise, "Meine Wasser-Kur," has reached thirty-three editions in Germany, and over 300,000 of it have been disposed of there and in France. Many similar institutions are springing up in different places — namely, Biberach, Rosenheim, Immenstadt, Ulm, Aistersheim, Brixen, Würzburg, etc. These are conducted in some cases by doctors who have studied under the Father, and where better medical attendance, also better creature comforts, can be obtained than in the rough, primitive village of Wörishofen.

It is very remarkable that while there are people from China, Canada, Australia, and almost every part of the globe, there are only about six English and eight Americans here at present. The Father by means of his secretary, who has five scribes in his employ, corresponds by letter with some 150 cases daily, while the Father himself is personally consulted by about 200 persons daily, and on the 28th of this present month of May he saw 300 patients.

Wörishofen lies south of Augsburg, and about two hours west of Munich, the nearest railway station being Türkheim, about four miles distant. The village is generally so crowded that when Baron Nathaniel Rothschild visited it in 1890 for the purpose of consulting the Father he was obliged to sleep in his saloon-carriage on the line at Türkheim, the Duke of Mecklenburg-Strelitz and suite had need to be content with part of a peasant's cottage, while the Cardinal Lavigerie's apparently innocent request for five rooms to accommodate four persons was absolutely refused as most exorbitant.

It has been thought that the one objection to the "Kneipp-Kur" rests in the fact that there is only one Kneipp, who may possibly soon pass away; but surely, among the names of those self-renunciating and unobtrusive benefactors of suffering humanity that go down to posterity, some place will even be found for the benevolent and praiseworthy Father Sebastian Kneipp.

"The Irrigation"

JOS. KÖSEL, Publisher, KEMPTEN, (Bavaria).

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